

RESTRICTED

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bread; non-wage-earners, 7,875 grams of flour or 10,500 grams of white or rye bread.

Milk: children up to 6, 15 liters; children from 6 to 12, 9 liters; others, none (with the exception of Bratislava, where the other categories also receive a milk ration).

Eggs: children up to 6, 10; children from 6 to 12, 8; children from 12 to 20, 6; wage-earners above 20, 4; non-wage-earners, none.

Pregnant women are to receive their normal rations and, in addition, the same ration as for children up to 6 years old. Nursing mothers are to have the following monthly rations added to the normal rations for women: 4,500 grams of groats or fine flour, 500 grams of meat, 500 grams of fat, and 15 liters of milk.

Factory kitchens are to receive the following rations for each person fed: 1,000 grams of fine flour, 400 of coarse flour, 300 of flour paste, 50 of groats, 800 of bread flour, 1,000 of barley groats, 100 of pork lard, 100 of fats, 140 of sugar, 200 of salt, 100 of sheep-milk cheese, 100 of cheese, 8,000 of potatoes, 25 of paprika, 45 of black spice, 250 of legumes, 250 of marmalade, and 1 egg.

Heavy-duty workers are to receive the following rations in addition to their normal monthly rations: 60 grams of pork lard, 160 of artificial edible fats, 500 of cooking flour, 1,500 of bread flour or 2,000 of bread, 250 of flour paste, 100 of salt, and 1,000 of meat or smoked meat or 750 of canned meat.

Extra-heavy-duty workers are to receive the following rations in addition to their normal monthly rations: 600 grams of pork lard, 180 of artificial edible fats, 500 of flour paste, 1,000 of cooking flour, 2,250 of bread flour or 3,000 of bread, 200 of salt, and 2,000 of meat or smoked meat or 1,500 grams of canned meat.

FOOD RATIONS FOR APRIL -- Lidova Demokracie, No 72, 26 Mar 49

Two hundred fifty grams of oat flakes may be had instead of 250 grams of groats. Adults who have blue tickets will receive five eggs; all others, four eggs, as before.

Children and youths up to 20 will receive 150 grams of cheese and 100 grams of chocolate.

Children up to 12 and pregnant women will receive 250 grams of fruit syrup. Candy will be given to children and youths up to 20 in the former amounts.

Special tickets will not be good in April for legumes. All other rations are unchanged.

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